

# What's the Difference?

## Fruit and Vegetable Checks

Your WIC  
Fruit & Vegetable Checks  
are welcome here!



INDIVIDUAL NO. 231900713IG	PARTICIPANT / PARENT / GUARDIAN ISABELLE GALVAN	FIRST DAY TO USE NOV 15 2015	LAST DAY TO USE DEC 14 2015	SERIAL NO. 269534015
-------------------------------	--	---------------------------------	--------------------------------	-------------------------

FOOD ITEM NUMBER: 2011 700-269534015

Pay to the order of: WIC Authorized Vendor

What to buy: USE JULY 5, 2011 WAFL SHOPPING GUIDE \$11.00 (ELEVEN DOLLARS) FRUITS AND VEGETABLES COMBO OF FRESH, DRIED FRUITS, FROZEN, AND CANNED \*\*\*ALL TYPES OF FRESH POTATOES ALLOWED\*\*\*

PARTICIPANT MAY PAY AMOUNT OVER \$11.00

State of California WIC Program  
VOID IF NOT DEPOSITED WITHIN 45 DAYS OF FIRST DAY TO USE. NOT VALID IF ALTERED.

VALID ONLY FOR FOOD ITEMS SPECIFIED IN THE CALIFORNIA WIC AUTHORIZED FOOD LIST.

VOID TABLE

- Can buy fresh, canned or frozen fruits and vegetables. Can buy dried fruit if stated on the check. Can not buy herbs.
- Can be used at grocery stores and WIC approved Certified Farmers' Markets.
- Expire every 30 days.
- \$8 and \$11 denominations are most common.

## Farmers' Market Nutrition Program



State of California  
WIC Farmers' Market Nutrition Program 750-XXXXXXX

First Day to Use: May 1, 2015 Last Day to Use: Nov. 30, 2015

Pay to the order of: WIC Authorized Farmer

Enter Name or WIC ID # of Market

Farmer Vendor 6-digit ID number (Required)  
NON NEGOTIABLE  
SAMPLE

Not valid if 6-digit ID number is missing

Void if deposited after 12/31/2015.

- Can buy fresh fruits, vegetables and cut herbs.
- Can buy honey with \$2 Senior check. (Honey not allowed for \$4 WIC check)
- Used only at WIC approved Certified Farmers' Markets.
- Last day to accept is November 30th.
- \$4 WIC or \$2 Senior denominations.

Questions? Please call the State WIC Program at (916) 928-8513.

# Fruit and Vegetable Checks Quick Start Guide

November 20, 2015

Your WIC  
Fruit & Vegetable Checks  
are welcome here!



## California WIC Program

3901 Lennane Drive  
Sacramento, CA 95834

Phone: (916) 928-8513 Fax: (916) 263-3319

E-mail: WICFVC@cdph.ca.gov

www.wicfarmers.ca.gov

This institution is an equal opportunity provider.

# WIC Authorized Foods

## FRESH FRUITS and VEGETABLES

### ALLOWED:

- Fresh fruits and vegetables
  - ✓ Whole or Cut
  - ✓ Bagged
  - ✓ Organic
- All types of potatoes
- Garlic, onion, ginger, jalapenos, peppers, and chilies are allowed

### NOT ALLOWED:

- Decorative vegetables and fruits, such as chilies or garlic on a string or painted pumpkins
- Nuts, fruit-nut mixtures
- Edible blossoms, such as squash blossoms
- Prepared foods such as salsa, or vegetables packed in oil
- Herbs and spices, such as parsley, basil, cilantro, and mint

## DRIED FRUITS

### ALLOWED:

- Any variety of dried fruits without added fats, sugars, or oils, such as raisins, prunes and/or dried plums, figs, dates, and apricots
  - ✓ Freeze-dried
  - ✓ Pitted or with pits
  - ✓ Organic


### NOT ALLOWED:

- Dried or freeze-dried vegetables
- Trail mix
- Dried fruits with added fats, sugars, or oils
- Dried fruits with added artificial or natural flavors, including essences.

# Steps to Accepting WIC Fruit and Vegetable Checks

INDIVIDUAL NO.	PARTICIPANT / PARENT / GUARDIAN	FIRST DAY TO USE	LAST DAY TO USE	SERIAL NO.
231900713IG	ISABELLE GALVAN	NOV 15 2015	DEC 14 2015	269534015

 <p><b>FOOD ITEM NUMBER: 2011</b> Pay to the order of: WIC Authorized Vendor</p> <p><b>What to buy: USE JULY 5, 2011 WAFL SHOPPING GUIDE \$11.00 (ELEVEN DOLLARS) FRUITS AND VEGETABLES COMBO OF FRESH, DRIED FRUITS, FROZEN, AND CANNED ***ALL TYPES OF FRESH POTATOES ALLOWED***</b></p> <p><b>PARTICIPANT MAY PAY AMOUNT OVER \$11.00</b></p> <p>State of California WIC Program VOID IF NOT DEPOSITED WITHIN 45 DAYS OF "FIRST DAY TO USE." NOT VALID IF ALTERED.</p>	<p>700-269534015</p> <p>90-1342 1211</p> <p>EXACT PURCHASE PRICE:</p> <p>MUST NOT EXCEED MAXIMUM ALLOWABLE DEPARTMENT REIMBURSEMENT RATE</p> <p>FOOD ITEM NUMBER 2011</p> <p><b>VOID</b></p> <p>AUTHORIZED SIGNATURE (SIGN AT PURCHASE)</p>
--	---

1

WIC Participant gives the farmer the items to purchase and a check.

2

Ensure the date is within the first day to use" and "last day to use." Note the maximum value of the check and ensure that the check is for Fruits and Vegetables. Write in the exact purchase price up to, but not over the maximum amount.

3

Give the check back to the participant to sign.

4

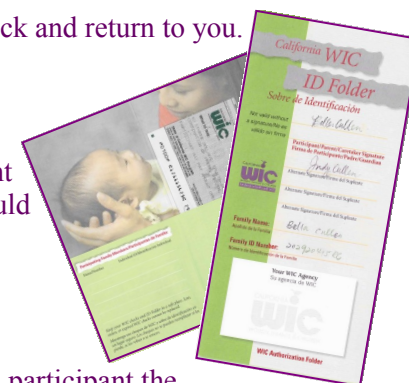
WIC Participant will sign the check and return to you.

5

Compare the participant's signature with the one on the front of the WIC ID Folder. They should be the same (an alternate's signature is acceptable.)

6

If everything looks okay, give the participant the items purchased and return the WIC ID Folder.



**PROCESSING TIPS:** Remember to submit the check to WIC before depositing into the bank. Deposit checks into the bank within 45 days from the "first day to use."